exercise device of the embodiment is comprised of two units; each unit to be held in a hand of a user; the units each comprised of: a handle, an elongated first element attached to the handle, and the elongated first element has at least a first loop. Other preferred embodiments provide devices that form loops and detachably join loops to the handle. In some embodiments a loop forming device is within the handle while in other embodiments the loop forming device is outside of the handle.

Another embodiment of the invention comprises an exercise device that is held and rotated in use comprised of two units; each unit to be held in each hand of a user; the units each comprised of: a handle, an elongated first element attached to the handle, the elongated first element does not form a loop; and whereby the elongated element provides weight and air resistance during the rotation of the elongated first element.

Additional objects and advantages of the invention will be set forth in the description that follows, and in part will be obvious from the description, or may be learned by practice of the invention. The objects and advantages of the invention may be realized and obtained by means of instrumentalities and combinations particularly pointed out in the append claims.

Brief Description of the Drawings

The features and advantages of an exercise device according to the present invention will be more clearly understood from the following description taken in conjunction with the accompanying drawings in which like reference numerals designate similar or corresponding elements, regions and portions and in which:

FIG. 1A shows an embodiment of the invention where a loop is formed in an elongated element using a loop forming means comprised of a cord coupler 14.

FIG. 1B shows a cross sectional view of a preferred embodiment of the handle along the axis 1B shown in FIG. 1A.

FIG. 1C shows another embodiment of the cord coupling device comprised of a spring shaped metal coupler 34.

FIG. 1D shows another embodiment of the cord coupling device comprised of a ring shaped metal coupler 42.

FIG. 1E shows another embodiment of the cord coupling device comprised of a tape coupler 38.

FIG. 1F shows another embodiment of the unit and cord coupling device where a second smaller cord 46 forms a hoop and is fastened with a metal cord coupler to the first main cord 12.

FIG. 1G shows another embodiment of the invention where the elongated element is comprised of two loops.

FIG. 1H shows another embodiment of the invention where additional loops or elongated elements can be attached to the device.

FIG. 2A shows another embodiment where the first loop is formed by attaching a first section of cord 12 to a second section of the cord.

FIG. 2B shows another embodiment where two loop forming means (e.g., attachment devices) 80 82 are used to form two loops in the elongated element 84.

FIG. 2C shows another embodiment where one loop forming device (e.g., a knot) 88 is used to form two loops in the elongated element 86.

FIG. 2D shows another embodiment where the unit is comprised of three extended elements 94 96 98.

FIG. 2E shows an embodiment where the device has a loop and an extended element.

FIG. 2F shows an embodiment where a loop 106 is joined to an extended element 108 by a second loop forming device 112 (e.g., a knot).

FIG. 3A shows another embodiment of the invention where the loop forming device 116 118 can be separated so that one section of the elongated element 114 is not attached to another section of the elongated element 114.

FIG. 3B is another embodiment where the two units can be joined together to form a conventional jump rope.

FIG. 3C shows another embodiment where the detachable loop forming device 120 122 comprises a snap hook 120 and a closed loop 122 of cord.

FIG. 3D shows another embodiment where a second loop 134 is attached to the elongated first element 130.

FIG. 4A shows another embodiment where the elongated element is comprised of two or more cords.

FIG. 4B shows another embodiment where the loop forming device is comprised of a snap hook 152 and hoops 158 162. FIG. 4B includes a second loop.

FIG. 4C shows another embodiment of the invention. FIG. 4C shows the loop forming device comprised of a hoop 166.

FIG. 5A shows an embodiment of the invention where the loop forming device is comprised of an annular element 174.

FIG. 5B shows an embodiment of the invention where the loop forming device is comprised of an annular element 174.

FIG. 5C shows an embodiment of the invention where the loop forming device is comprised of an annular element 188.

FIG. 6A shows an embodiment of the invention where the loop forming device is located inside the handle 10.

FIG. 6B shows a cross sectional view of a preferred embodiment of the handle shown along the axis 6B in FIG. 6A where the loop forming device is inside handle 10.